You may also be more likely to develop colon polyps if you

- weigh too much

- eat a lot of fatty foods; red meats, such as beef and pork; or processed meats, such as bacon, sausage, hot dogs, and lunch meats

- don't exercise

- smoke cigarettes

- drink alcohol

## Who should be screened for colon polyps?

Most people should start colon polyp screening at age 50. African Americans should start screening at age 45. Screening is testing for diseases when you have no symptoms. Finding and removing polyps can help prevent cancer of the colon or rectum.

Your doctor may recommend screening before age 45 or 50 if

- you have symptoms

- someone in your family has had polyps or cancer of the colon or rectum

- you have other factors that increase your chances for developing polyps